

NATIVE



Kate's Mountain Clover

NOTES

WEST VIRGINIA NATIVE PLANT SOCIETY

Volume 9, Number 1

January 2002

LETTER FROM THE EDITOR...MARCH 9 – WVNPS BOARD MEETING – AND FERN WORKSHOP

Hope this letter finds you well and happily anticipating the 2002 field season. Please take time to review the variety of articles in this issue and especially take note of the calendar of upcoming events.

I've served as newsletter editor for eight years now, though this past one does not exactly count since we were short an issue. However, due to circumstances, I need to resign as newsletter compiler/editor. Please think about taking on this task. If you like to read and write about plants – then this job is for you. Contact Romie Hughart (304/429-7358) if you are interested.

Calendar/Updates

WVNPS – STATEWIDE

March 9, 2002 – WVNPS Board of Directors Meeting: 10:00 AM – 12:00 PM at Larry's Steak & Buffet, Flatwoods, WV; After lunch, Bill and Emily Grafton will organize a workshop on fern identification from 1:00 PM to 3:00 PM. Contact Romie Hughart at 304/429-7358 concerning the Board Meeting and the Grafton's at 304/292-0229 concerning the fern workshop.

April – 2002

WVNPS is planning a field trip/publicity campaign for the Charleston area. Ideally, we would like to sponsor a project-related event like restoring native plants to an area, a native plant rescue or invasive species removal project. Details will be finalized at the March 9 Board of Directors Meeting. Please submit any suggestions to Romie (304/429-7358).

September 21 – 2002 – WVNPS Annual Meeting in the CANAAN VALLEY area. This year we will be holding a 20-year celebration of the WVNPS.

EASTERN PANHANDLE

March 2, 2002 – the Eastern Panhandle Chapter is organizing an invasive species removal workday. This event will spearhead a new initiative called SNIP (Save our Natives from Invasive Plants). The field day will be held at Harpers Ferry National Park.

The organizers of SNIP are compiling a speakers bureau of individuals who will provide educational programs related to the threat and/or removal of invasive species. They also plan another workday in the fall. For more information, contact Lynn Wagner at 304/876-7027.

Contact Lynn for information about other upcoming events sponsored by the Eastern Panhandle Native Plant Society.

ORCHIDS ON THE RISE

By: Bill Grafton

Downy Rattlesnake Plantain (*Goodyera pubescens*) has been found in every county in West Virginia except Jefferson. It may be our most common orchid. However, three orchid lovers spent a day in the field in November and did not find downy rattlesnake plantain in Upshur or southern Randolph Counties. Its absence was unusual, because we can always count on seeing this orchid on days when nothing else can be found. On the other hand, a real opportunity waits for the first person that finds Downy Rattlesnake Plantain in Jefferson County.

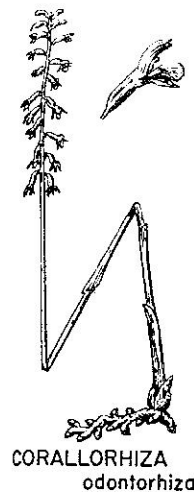
Upshur & Randolph Counties:

This trio of orchid lovers did find Nodding Ladies' Tresses (*Spiranthes cernua*), Puttyroot (*Aplectrum hyemale*) and Round-leaved Orchid (*Platanthera orbiculata*). Some orchids that have evergreen leaves are easier to find in the dormant season. This includes Puttyroot, Crane-fly Orchid (*Tipularia discolor*) and the 2 Rattlesnake Plantains. Other orchids may easily be spotted from their stems and pods that have distinct shapes and varying shades of brown, yellow and black.

There are some who believe that the primary knowledge we have of West Virginia's flora is based on records from the 1890s to the 1970s. This is certainly not true for the orchids. Scott and Al Shriver and Clete Smith from Pittsburgh have compiled a data and knowledge base that outpaces nearly all records before them. Stan Bentley has accomplished the same thing in southeastern WV. Doug Jolley has made some excellent discoveries in Braxton, Upshur and surrounding counties. And don't forget the southwestern counties of Wayne, Mingo,

Lincoln, and others where Bernie Cyrus has added greatly to our knowledge. The Eastern Panhandle has been the domain of Rodney Bartgis. There are others such as Sam Norris (Randolph), Romie Hughart and Dick Thompson (Cabell, Lincoln, and Wayne), and Bill Grafton; as well as; others we don't hear about.

The orchids have always been glamorous and mystic. I am quite sure we know more about WV's orchids today than at any point in the past. Comments about a few of my excursions this past autumn and winter include the following:

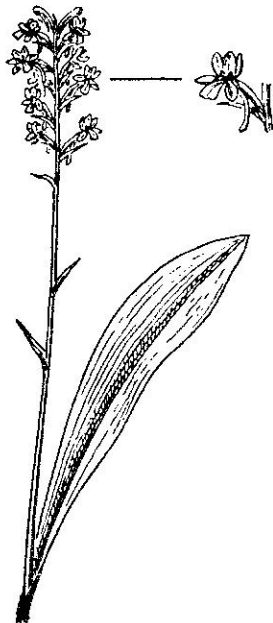


Monroe, Pocahontas & Greenbrier Counties (August):

(Clete Smith, Scott Shriver, Bernie Cyrus, Stan Bentley, and Doug Jolley)
In the Waiteville area we checked and photographed known sites for Bentley's Coralroot (*Corallorhiza bentleyi*) and looked for new sites. Also saw Autumn Coralroot (*Corallorhiza odontorhiza*), Yellow Fringed Orchid (*Platanthera ciliaris*), Small Green Wood Orchid (*Platanthera clavellata*) and some beautiful Pinesap (*Monotropa hypopithys*) plants. Also seen west of Union were Grass Pink (*Calopogon pulchellus*) and Little Ladies' Tresses (*Spiranthes tuberosa*). Near Hollywood we saw several nice plants

of Spring Ladies' Tresses (*Spiranthes vernalis*) and several dozen Slender Ladies' Tresses (*Spiranthes gracilis*) in full bloom. On the same trip we saw quite a few Slender Ladies' Tresses near Lobelia, Pocahontas County and some really neat Autumn Coralroot in Droop Mountain State Park.

Upshur, Barbour, Taylor, and Marion Counties (September) with Clete Smith, Scott Shriver and Doug Jolley. First stop was a farm pond surrounded with 150+ Nodding Ladies' Tresses (*Spiranthes cernua*), and then a church yard and dry roadbank with several Yellow Nodding Ladies' Tresses (*Spiranthes ochroleuca*). Doug Jolley then led us to an unusual roadbank with 8 species of orchids that included Green Adder's-mouth (*Malaxis unifolia*).



HABENARIA
clavellata

A roadside disturbed area southeast of Philippi contained Loesel's Twayblade (*Liparis loeselii*), Green Adder's-mouth, Small Green Wood Orchid, Nodding Ladies' Tresses, and a small population of Virginia Meadow Beauty (*Rhexia virginica*). A stop

at Pleasant Creek WMA led to the discovery of Slender Ladies' Tresses, Nodding Ladies' Tresses and a small population of Oval Ladies' Tresses (*Spiranthes ovalis*). On to Gladly Run Road in Marion County where we found Slender Ladies' Tresses, Nodding Ladies' Tresses, and more Virginia Meadow Beauty.

Mid-October: trip to southern & southwestern WV with Scott Shriver, Clete Smith and Bernie Cyrus. In the Panther State Forest area we found Autumn Coralroot, Yellow Nodding and Nodding Ladies' Tresses, Crane-fly Orchid and Puttyroot. Near Winfield, in Putnam County, Autumn Coralroot and Crane-fly Orchid were located. Later in Kanawha State Forest we visited a known Nodding Ladies' Tresses site.

Late October: trip to Fayette County with Scott Shriver and Clete Smith. A stop near Mt Hope where we saw a nice population of Yellow Nodding Ladies' Tresses. On to Plum Orchard Lake area where we saw 200+ Yellow Nodding Ladies' Tresses, Nodding Ladies' Tresses, Autumn Coralroot, Crane-fly Orchid, Puttyroot, and Pink Ladies' Slipper.

Mid-December: trip to Braxton County with Doug Jolley, Clete Smith, and Scott Shriver. The main objective was to find Loesel's Twayblade. We found 200+ plants along an old Oneida Coal Co. Road near Prestonia, as well as, Nodding Ladies' Tresses and Puttyroot. Near Elizabeth Chapel we found 150+ Crane-fly Orchids, some with the variety having nearly black leaves. Is anyone else seeing these dark melanistic leaves???

Happy orchid hunting *this winter*!!

WETLAND PLANT RESCUE

By: Emily Grafton

How often do we naturalists lament the loss of natural habitat to development? The conversion of thousands of acres to pavement and buildings is troubling enough, but what of all the living organisms thrown away in the process? Fleeting memories of the sights and sounds of entire ecosystems, now bulldozed to compost makes me ponder if many of those organisms could have been relocated.

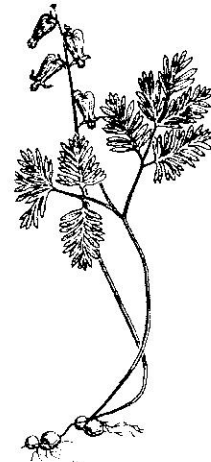
Well, thanks to Pam Bailey, a botanist with the Corps of Engineers, I had the opportunity to participate in a plant relocation project. The Corps is expanding the Marmet Locks on the Kanawha River near Belle, WV. This spring, the project will destroy a bottomland hardwood forest and shrub/scrub wetland habitat. Inundated with invasive species, these areas are far from pristine. However, several native wetland plant species thrive in these areas.

Pam talked with me at the DNR Operations Center in Elkins in October about organizing volunteers to help relocate some of the plants to one of the OWLS Schools (Outdoor Wildlife Learning Sites). I was already working with Connie Graves at Buffalo Elementary to make some improvements to the nature trail the students established through a bottomland hardwood forest. The teacher and students have worked hard to build bridges and nest boxes for birds and other animals.

Danny Bennett, biologist with DNR, Pam, two colleagues from her office and I met at the Marmet Locks and Dam on November 12. The five of us dug and bagged nearly 100 plants that day. The species we "harvested" included *Hibiscus moscheutos*, *Sambucus canadensis*, *Scirpus americanus*,

Juncus effuses, *Carex spp.*, *Platanus occidentalis*, *Acer negundo*, *Polystichum acrostichoides*, and *Dicentra canadensis*.

Saturday morning we met with Mrs. Graves, students from Buffalo High and Buffalo Elementary, parent volunteers and other teachers to give the plants a new lease on life. Everyone worked really hard to lug the large root balls of the hibiscus and other plants to locations along a quarter mile stretch of the trail. The weather was a bit nippy, but the cool air provided an incentive to work a little harder. Approximately 60 plants were in the ground within two-and-a-half hours.



DICENTRA canadensis

Kudos to the Students, Teachers and Parent Volunteers who worked so hard. Hopefully, this spring and summer, when they walk their nature trail, they will enjoy the hibiscus blossoms and cascades of Christmas ferns. The new plants will provide an opportunity for an interdisciplinary lesson where the students can evaluate how many plants survived, measure the growth rates of those that do, record the environmental conditions at each planting site and possibly correlate any relationships between growth rates with micro conditions and generally monitor the reproduction and expansion of individual

plants and species. Whew! Talk about leading the witness.

I want to mention that two pick-up truckloads of plants were delivered to Buffalo Elementary. Another full pick-up load went to Doddridge Middle School to be planted along the lake next to the school. If you happen to drive route 50 between Parkersburg and Clarksburg, look for hibiscus blooms this summer. Fingers Crossed!

The story will hopefully not end here. This project was hard work, but a lot more fun than difficult. Why not match up degraded habitats with those that are about to be destroyed in other locations. It would be great if each chapter of the West Virginia Native Plant Society were to identify one proposed development project where a plant rescue project could be organized and matched to a habitat in need. I propose a plant-rescue committee be formed at the next Board Meeting to help coordinate the logistics of such a project.

SPIGELIA MARILANDICA

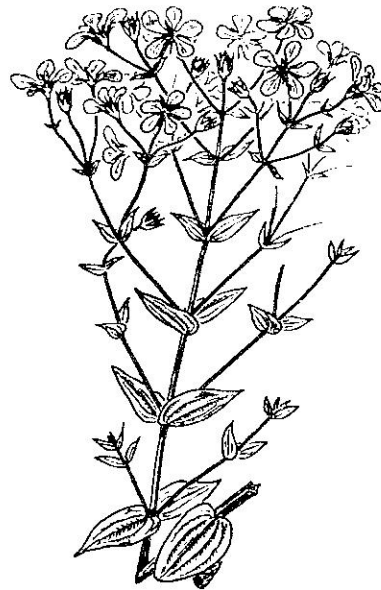
By: Barry Glick

So.....you like Hummingbirds, huh? Boy, have I got a plant for you! *Spigelia marilandica* is an easy to grow plant (native to rich woods of the southeast) that does well just about anywhere in the garden. Here, they thrive in a spot that gets sun from 10:00 AM to about 1:00 PM on an average summer day and where the soil is kind of rich, but well drained.

Spigelia marilandica has supple, dark green foliage that persists through the growing season. The bright red trumpets with brilliant yellow throats open from the bottom of the flower stem to the top over a

long period of time. They're a real traffic stopper at the front to middle of any border.

By the way, it was voted one of the top 10 Hummingbird plants by Operation Rubythroat. You can find out more about Hummingbirds at their website <http://www.rubythroat.org/> and just wait till you see what happens to your cursor when you go to their pages.



SABATIA angularis

Propagation is frustrating, if not near impossible from cuttings. The best results I've ever obtained (20%), were with 2500 parts per million Potassium salts of Indole butyric acid (Rootone), bottom heat and mist. But, seeds are really easy to germinate. In fact, the plants will self-seed into a nice little colony if left to their own devices. If you want to consciously collect the seeds, you must practice diligence. Although they are not "spit" a great distance by the plant, they do tend to disperse themselves rather quickly after ripening to a dark black color. You should visit your plants daily if you are intent on collecting seed.

There are related species in the genus.

Spigelia texana -

<http://www.csdl.tamu.edu/FLORA/mi01/mi01075.jpg>, and a few tropical species.

There's also an endangered species, *Spigelia gentianoides*, see

<http://sciences.aum.edu/bi/BI4543/spge.html>

Other members of the Loganiaceae family are *Buddleia*, *Gelsimium* & *Desfontainea*.

Just the facts M'am:

Kingdom - *Plantae* - Plants

Subkingdom - *Tracheobionta* - Vascular plants

Superdivision - *Spermatophyta* - Seed plants

Division - *Magnoliophyta* - Flowering plants

Class - *Magnoliopsida* - Dicotyledons

Subclass - *Asteridae*

Order - *Gentianales*

Family - *Loganiaceae*

Genus - *Spigelia*

Species - *marilandica*

Common name - species - "Indian Pink", "Pinkroot", "Wormgrass"

Native of - see

http://plants.usda.gov/cgi_bin/topics.cgi

USDA Hardiness Zone - zone 5, maybe 4?

Light preference - Light shade to part sun

Soil preference - Average

Moisture preference - Average to moist

Bloom time - Early Summer

Bloom color - Red with yellow throat

Foliage - Medium to dark green, somewhat glossy

Spread - clumps to about 12"

Height - 12" - 24"

Landscape uses - Middle part sun to shade border or wild woodland garden

Medicinal uses - See below, also

<http://www.homeoint.org/clarke/s/spi.htm>

So, I asked my friend Jim Duke,

jimduke@cpcug.org to give me a short, few sentence blurb about the medicinal uses of *Spigelia marilandica* and I get back 503 words. If I'd asked him for a paragraph, I would have probably received a small book. Jim is a prolific writer and a brilliant guy. I am honored to have his words here. A short bio about Jim follows his blurb. If you'd like to learn more about this fascinating man, just go to <http://www.google.com> and type in his name. Jim has a very cool mini course in Medical Botany at <http://www.ars-grin.gov/duke/syllabus/> and Father Natures Pharmacy at:

<http://www.fathernaturesfarmacy.com/>

So here's what Jim says about *Spigelia marilandica*:

"Coming from Maryland, I bring it to you, the herb known as Maryland Pink, Carolina Pink, Pinkroot, and Wormgrass. I have it in my garden. I met the related very poisonous species in Panama. I am a bit wary of both species, close to the strychnine family. King's Dispensatory tells us that the Native Americans used it to treat worms, long before Columbus arrived. But raises a question with me saying, "it is generally received in bales or casks from the western states, in which section it has been found growing in great abundance." I consider it an eastern species, and that's why I bring it to Utah, though it is reported to range to Texas and Oklahoma..

"A well-known worm tea is composed of pinkroot, ½ ounce; senna, 2 drachms; savine, ½ drachm; manna, 2 drachms. Mix and infuse in a pint of water. Dose, 1 to 2 fluid ounces...*Spigelia* is a remedy for endocardial troubles, but is regarded as inferior to the *Spigelia anthelmia* Linne, both being used for the same purposes in cardiac affections. It will keep for some time in a cool place, and its

flavor may be improved by substituting syrup of raspberries, strawberries, gooseberries, or mulberries, etc., for the sugar. It is also useful for those conditions of the system caused by worms, which resemble infantile remittent and other febrile diseases, and hydrocephalus.

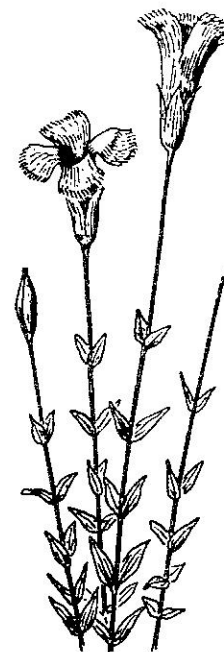
I'm not sure that Tommy Bass is sure: "Boy, sometimes there'll be ten or fifteen shoots come up from one root, and you can tell how old the roots are by counting them shoots." I've got a lot of shoots Squeezing in between by weedy *Aegopodium*. I agree with him: "It's another plant you have to use kind of careful. It's powerful. You use a laxative with it. I've known it as a worm medicine and a cough remedy. You use an ounce of roots to a pint of water and take a tablespoon as needed. I dug many a pound and sold it for thirty-five cents a pound. It brings good money. It's about two or three dollars a pound now." Crellin and Philpott (1989) note that the

"anthelmintic property is due to the alkaloid spigelline, which possesses considerable toxicity" Steinmetz suggests that the herb is cardiac, narcotic, sedative, soporific, tonic, toxic and vermifuge. Lust is strong: "CAUTION: Pinkroot may produce side effects, such as rapid heartbeat, dizziness and sluggishness. An overdose can be fatal...Not recommended for use without medical supervision."

My own CRC Handbook of Medicinal Herbs devotes seven lines to uses, 6 to toxicity" "Has been used for poisoning humans, the toxic effects similar to those of strychnine. Effects of spigelline are rather like those of coniine, lobeline, and nicotine (Could transdermal use help smokers quit?). If not followed by a saline aperient, even proper doses may lead to disturbed vision (dimness), dizziness, muscular spasms,

twitching eyelids, dilated pupils, facial spasms, and increased heart activity. In large doses, circulation and respiration are depressed and muscular power diminished; there have been fatalities in children."

Jim Duke is a poet, humorist, songwriter, and retired USDA scientist who created the United States Department of Agriculture's plant chemical database. He is also a prolific author, eco-tourism advocate, and is said to be the inspiration for the Sean Connery movie "Medicine Man." Jim Duke is one of the most respected and beloved figures in the current "American herbal renaissance." As comfortable exploring plant resources in the Amazon as he is working with the "healing gardens" at his Fulton, Maryland "herbal farmette," Dr. Duke is a lecturer with the depth that only years of study coupled with extensive field experience can bring. The opportunity to spend time with him and a small group in the field is not to be missed.



GENTIANA
crinita

A complete set of back issues of "Glick Pick of the Week" is available for the asking. If you would like me to send them, or if you would like to, first see the list, send me an email. Also, if you're getting more than one copy of this weekly mailing, or would like to subscribe a friend, or for some crazy reason, to unsubscribe, let me know.

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Barry

Happy Gardening,
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FIELD NOTES

L.J. Uttal: *Sympyotrichum drummondii* (formerly *Aster drummondii*) collected along Green Valley Road on 9-25-1975 in Monroe County

Eleanor Bush: *Potentilla reptans* (Creeping Cinquefoil) collected along bank of Buckhannon River at Upshur Co. 4-H Camp at Selbyville 6-26-1997, Upshur Co.

Carex striata (Sedge) at Tygart Valley River at Arden on 5-23-1999, Barbour Co.

Emily Grafton: *Phyllostachys nigra* (Black Bamboo) collected in brushy area near boardwalk at Green Bottom Wildlife Area in late August 2001, Cabell Co.

Lippia lanceolata (Fog-fruit) in open wet sandy soil along Ohio River in Green Bottom Wildlife Area in late August, 2001, Cabell Co.

Bill Grafton: *Schizachne purpurascens* (False Melic) under sugar maple trees west of golf course clubhouse in Canaan Valley State Park in July 2000, Tucker Co.

Rhododendron viscosum (White Swamp Azalea) –in old wet meadow near Dawson on 9-10-2000, Greenbrier Co.

Solidago patula (Rough Goldenrod) on open shale bank above railroad northeast of Pawpaw on 10-8-1996.

Helianthus hirsutus (Hirsute Sunflower) in roadside openings near old sand quarries at Summers Heights on 8-16-2001, Monongalia and Preston Counties.

////// This space reserved for
your field notes. ////

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I. pandurata

IPOMOEA

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Huntington, WV
25703-2732
Phone: 304/525-4262

Native Plant Nurseries

The following nurseries sell good plant material products. Use the following key to help you choose a nursery that supplies the kind of plant materials that you are looking for.

SH = Shrubs

T = Trees

S = Seeds

H = Herbaceous (may include perennials, ferns & annuals)

SH & T

Appalachian Nurseries, Inc.
Tom McCloud
PO Box 87
Waynesboro, PA 17268
Phone: 717-762-4733
Fax: 717-762-7532

H

Arrowwood Nursery Inc.
Joe & Cathy Arsenault
870 W. Malaga Road
Williamstown, NJ 08094
Phone: 609-697-6044
Fax: 609-697-6050

S

Bowmans Hill Wildflower Preserve
Paul Teese
PO Box 685
New Hope, PA 18938
Phone: 215-862-2924
Fax: 215-862-1846

S & H

Brandywine Conservancy
Mark Gormel
PO Box 141
Chadds Ford, PA 19317
Phone: 610-388-8327
Fax: 610-388-1197

T

West Virginia Division of Forestry
Clements State Tree Nursery
101 Alison Drive
PO Box 8
West Columbia, WV 25287
Phone: 304-675-1820

H & SH

Enchanter's Garden
Peter Heus
Buck Route Box 108
Hinton, WV 25951
Phone: 304-466-3154

S

Ernst Conservation Seeds
Calvin Ernst
9006 Mercer Pike
Meadville, PA 16335
Phone: 1-800-873-3321
Fax: 814-336-5191

SH & T

Maryland Natives Nursery, Inc.
Roy List
9120 Hines Road
Baltimore, MD 21234
Phone: 410-529-0552
Fax: 410-529-3883

H & SH

Natural Landscapes Nursery
Jim Plyler
354 N. Jennersville Road
West Grove, PA 19390
Phone: 610-869-3788
Fax: 610-869-3788

SH & T

Noback Farm Nursery
Millie Noback
RD 2 Box 2669
Glenville, PA 17329
Phone: 717-235-0419

SH, T & H

Octoraro Nursery
Jim MacKenzie
6126 Street Road
Kirkwood, PA 17536
Phone: 717-529-3160

SH, T & H

Riverview Herb Farm
Frank Porter
49607 State Rt. 338
Racine, OH 45771
Phone: 740-247-4565

H

Sunshine Farm & Gardens
Barry Glick
HC 67 Box 539-B
Renick, WV 24966
Phone: 304-497-2208

SH, T & H

Virginia Natives
Mary Painter
Wildside PO Box D
Hume, VA 22639
Phone: 540-364-1665

H & SH

Shooting Star Nursery
444 Bates Road
Frankfort, KY 40601
Phone: 502-223-1679

Landscape Design

Natural Gardens
Virginia Provenzano
Rt. 1 Box 191
Shepherdstown, WV 25443
Phone: 304-267-6924

Water Gardens

Just Add Water
Lisa Ruft
164 Holland Avenue
Westover, WV 26505
Phone: 304-296-1119

H, SH & T

North Creek Nurseries
Amie Hendrickson
388 North Creek Road
Landenberg, PA 19350
Phone: 610-255-0100

West Virginia Native Plant Society - Information

Bill Grafton
345 West Virginia Avenue
Morgantown, WV 26501

**MEMBERSHIP REGISTRATION
COUPON**

Please sign me up as a member of the WVNPS!

Name (s) _____ Phone: _____
(h) _____

Address _____
(w) _____

Membership Dues: The membership term is for one calendar year (Jan 1 - Dec 31)
..... Regular Membership: \$12.00 (membership for all members of a household)
..... Student Membership: \$8.00 (any student, college age or below)
..... Life Membership: \$200.00 (includes all members of a household)
Chapter membership: Kanawha Valley - \$6; Tri-State - \$5; Eastern Panhandle - \$10
* Must be a member of the state organization in order to join chapters.

I wish to make an additional contribution to the WVNPS in the amount of _____

This is a gift membership. Please include a card with my name as donor:

**WVNPS
PO BOX 75403
CHARLESTON, WV 25375-0403**



Judy M. White
22 Wellesley Dr.
Washington WV 26181-9665